



WEEK 29: Sunday, 11 July - Saturday, 17 July 2021 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Capt
2021-07-11	0500	Secret Meat Business	World Meats	Watch out, Adrian's wielding a sword. This time to skewer and woodfire quail kebabs. Then, tender tripe is served with Caribbean spice, chilli and pirate rum.	AUSTRALIA	English-100	RPT	G	
2021-07-11	0530	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 5	It's all about spices as Juliet serves up a spiced pumpkin pie with a delicious meringue topping, chocolate and chilli cookies, and winter pavlova with spiced apples and pears.	UNITED KINGDOM	English-100	RPT	G	
2021-07-11	0625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-07-11	0630	Pacific Island Food Revolution	Vanuatu	After such wonderful cooking in the first round, all three teams have returned to showcase their best work to see which team will make it through to represent Vanuatu at the finals.	NEW ZEALAND	English-100	RPT	PG	
2021-07-11	0725	Poh & Co. Bitesize	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-07-11	0730	Rick Stein's Taste Of Shanghai	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G	Y
2021-07-11	0840	Remarkable Places To Eat	Yorkshire	Fred Sirieix is heading to Yorkshire in the company of Britain's queen of baking Nadiya Hussain. Nadiya loves Yorkshire and believes the food scene is one of the most varied in the United Kingdom.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-11	0940	On Country Kitchen	On Country Kitchen Series 2 Ep 1	Mark and Derek begin their journey with a Welcome to Yuin Country from Noel Butler, harvest oysters off the bay, stop through at an olive grove, and try stand-up paddle boarding on the NSW coastline.	AUSTRALIA	English-100	RPT	PG	
2021-07-11	1010	On Country Kitchen	On Country Kitchen Series 2 Ep 2	Derek goes diving for lobsters, and Mark and Derek take a course both cheesemaking and chocolate making. Later, the boys have a heart-to-heart on the calm waters of Kangaroo Valley.	AUSTRALIA	English-100	RPT	PG	
2021-07-11	1040	On Country Kitchen	On Country Kitchen Series 2 Ep 3	Mark and Derek learn about the overabundance of sea urchin, and explore a new type of sustainable farming in Berrima. The boys also have a go at bee keeping.	AUSTRALIA	English-100	RPT	PG	
2021-07-11	1105	On Country Kitchen	On Country Kitchen Series 2 Ep 4	Mark and Derek explore the historic ghost town of Joadja, now a whiskey and gin distillery run by the Jimenez family. Later in Gerringong, they stumble upon a coffee plantation on a picturesque hill.	AUSTRALIA	English-100	RPT	G	
2021-07-11	1135	On Country Kitchen	On Country Kitchen Series 2 Ep 5	Dwayne Bannon-Harrison shares a traditional dance with Mark and Derek. And in Berry, the boys visit a sustainable vineyard.	AUSTRALIA	English-100	RPT	G	
2021-07-11	1200	On Country Kitchen	On Country Kitchen Series 2 Ep 6	Mark and Derek visit a kitchen garden, help out at a goat dairy, and eat abalone burgers on the beach. Atop Cambewarra mountain, the boys hear the story of the black cockatoo.	AUSTRALIA	English-100	RPT	G	
2021-07-11	1230	On Country Kitchen	On Country Kitchen Series 2 Ep 7	Mark and Derek visit a chicken farm with a view, take in an afternoon of fishing together and learn about the methode traditionnelle of sparkling winemaking. Mark takes Derek sightseeing.	AUSTRALIA	English-100	RPT	PG	
2021-07-11	1300	On Country Kitchen	On Country Kitchen Series 2 Ep 8	Mark and Derek visit a mushroom farm, help out at a community garden, and get their hands sticky in confectionary making. At Mount Keira lookout, Mark tells Derek the story of the mountain.	AUSTRALIA	English-100	RPT	G	
2021-07-11	1330	On Country Kitchen	On Country Kitchen Series 2 Ep 9	Mark and Derek host a dinner party at Silos Estate to thank everyone. They visit a cattle farm and collect native berries and bimbaldas with Noel Butler.	AUSTRALIA	English-100	RPT	G	
2021-07-11	1400	The Cook Up with Adam Liaw	Native Meats	Indigenous chef and TV presenter Mark Olive and New Zealand native chef Marcus Poa join The Cook Up's host Adam Liaw in The Cook Up kitchen as they tackle native meats.	AUSTRALIA	English-100	RPT	PG	

2021-07-11	1430	The Cook Up with Adam Liaw	Cafe Favourite	SBS science and technology TV presenter Rae Johnston and Lilypad cafe's Nyoka Hrabinsky create their cafe favourites with The Cook Up host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	
2021-07-11	1500	The Cook Up with Adam Liaw	Feed The Family	Tik Tok sensation Nathon Lyon and NITV Executive Producer Jordan Perry join The Cook Up kitchen and host Adam Liaw to create their family's favourite meals!	AUSTRALIA	English-100	RPT	PG	
2021-07-11	1530	The Cook Up with Adam Liaw	Bush Food	Adam Liaw and The Cook Up kitchen are joined by Rockpool's Jayde Harris and indigenous TV presenter and chef Mark Olive as they cook and talk through native bush food.	AUSTRALIA	English-100	RPT	PG	
2021-07-11	1600	The Cook Up with Adam Liaw	Classic Dish, A	Adam Liaw is joined by Wagyu 2 Your Door's Gary Green and Jo-Ann Lee from Goanna Hut in The Cook Up kitchen as they all come together to cook a classic dish.	AUSTRALIA	English-100	RPT		
2021-07-11	1630	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100	RPT	G	
2021-07-11	1700	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100	RPT	G	
2021-07-11	1730	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 1	Welsh Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100	RPT	G	
2021-07-11	1800	Tropical Gourmet: New Caledonia	Cattle Country	Justine shares a simple yet flavour filled way to cook local prawns, and serves a seriously luxurious venison and foie gras burger.	AUSTRALIA	English-100	RPT	G	
2021-07-11	1830	Australia's Food Bowl	Garlic	Garlic is an essential ingredient across cuisines in every culture around the world, and Stefano explains why Australian-grown garlic is far superior in taste and much healthier than imported garlic.	AUSTRALIA	English-100	RPT	PG	
2021-07-11	1900	Middle East Feast With Shane Delia	Turkish	Unpretentious, homely, and full of flavour, Turkish cuisine is a favourite across the world. Shane is joined by Turkish chef Murat Ovaz to highlight the best of Turkish home cooking.	AUSTRALIA	English-100	RPT	PG	
2021-07-11	1930	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G	Y
2021-07-11	2030	Rick Stein's Long Weekends	Berlin	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side.	UNITED KINGDOM	English-100	RPT	G	Y
2021-07-11	2135	Hairy Bikers' Best Of British	Exotic Foods	The Bikers take a culinary journey through time as they celebrate the history of British food. This time they celebrate Britain's taste for the exotic.	UNITED KINGDOM	English-100	RPT	G	
2021-07-11	2245	Poh & Co. Best Bites	Poh & Co. Best Bites Series 2 Ep 2	This two-part bite size series features the best of Poh Ling Yeow's nine part series, divided into sweet and savoury.	AUSTRALIA	English-100	RPT	G	Y
2021-07-11	2310	Tropical Gourmet: New Caledonia	Cattle Country	Justine shares a simple yet flavour filled way to cook local prawns, and serves a seriously luxurious venison and foie gras burger.	AUSTRALIA	English-100	RPT	G	
2021-07-11	2340	Australia's Food Bowl	Garlic	Garlic is an essential ingredient across cuisines in every culture around the world, and Stefano explains why Australian-grown garlic is far superior in taste and much healthier than imported garlic.	AUSTRALIA	English-100	RPT	PG	
2021-07-11	2410	Middle East Feast With Shane Delia	Turkish	Unpretentious, homely, and full of flavour, Turkish cuisine is a favourite across the world. Shane is joined by Turkish chef Murat Ovaz to highlight the best of Turkish home cooking.	AUSTRALIA	English-100	RPT	PG	
2021-07-11	2440	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G	Y
2021-07-11	2540	Rick Stein's Long Weekends	Berlin	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side.	UNITED KINGDOM	English-100	RPT	G	Y
2021-07-11	2645	Hairy Bikers' Best Of British	Exotic Foods	The Bikers take a culinary journey through time as they celebrate the history of British food. This time they celebrate Britain's taste for the exotic.	UNITED KINGDOM	English-100	RPT	G	
2021-07-11	2755	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 10	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y

2021-07-11	2800	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100	RPT	G	
2021-07-11	2830	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100	RPT	G	
2021-07-12	0500	The Cook Up with Adam Liaw	Native Meats	Indigenous chef and TV presenter Mark Olive and New Zealand native chef Marcus Poa join The Cook Up's host Adam Liaw in The Cook Up kitchen as they tackle native meats.	AUSTRALIA	English-100	RPT	PG	
2021-07-12	0530	The Cook Up with Adam Liaw	Cafe Favourite	SBS science and technology TV presenter Rae Johnston and Lilypad cafe's Nyoka Hrabinsky create their cafe favourites with The Cook Up host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	
2021-07-12	0600	The Cook Up with Adam Liaw	Feed The Family	Tik Tok sensation Nathon Lyon and NITV Executive Producer Jordan Perry join The Cook Up kitchen and host Adam Liaw to create their family's favourite meals!	AUSTRALIA	English-100	RPT	PG	
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2021-07-12	0800	Tropical Gourmet: New Caledonia	Cattle Country	Justine shares a simple yet flavour filled way to cook local prawns, and serves a seriously luxurious venison and foie gras burger.	AUSTRALIA	English-100	RPT	G	
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2021-07-12	1135	Hairy Bikers' Best Of British	Exotic Foods	The Bikers take a culinary journey through time as they celebrate the history of British food. This time they celebrate Britain's taste for the exotic.	UNITED KINGDOM	English-100	RPT	G	
2021-07-12	1245	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-07-12	1255	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-07-12	1300	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 1	Welsh Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100	RPT	G	
2021-07-12	1330	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, Romano Rotelli of Pensiero Restaurant, and the Danish horn of plenty at Bonjour Patisserie.	AUSTRALIA	English-100	RPT	G	Y
2021-07-12	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 59	Matt demonstrates how to bake apple and raisin turnovers, while Courtney makes a healthy broccoli bruschetta with her own added twist.	AUSTRALIA	English-100	RPT	PG	
2021-07-12	1430	Pati's Mexican Table	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She creates recipes based on her experience - corn soup with queso, and pescado agridulce.	USA	English-100	RPT	G	

2021-07-12	1500	The Chefs' Line	Chinese	Apprentice chef Wing from Chinese restaurant China Doll goes up against four passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-99; Chinese-	RPT	G	Y
2021-07-12	1530	Lidia's Italy	Lidia's Italy Series 3 Ep 21	Lidia is in the region of Abruzzo, a place where the hearty food of the region has left her with such fond memories. Lidia makes a pasta with arugula and ricotta.	USA	English-100	RPT	G	
2021-07-12	1600	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 6	Parveen uses spices to put an Indian spin on roast chicken and potatoes, and shares her recipes for marinated lamb chops and garam masala. She also pays a visit to a family-run business in Jaipur.	UNITED KINGDOM	English-100	RPT	G	
2021-07-12	1655	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-07-12	1700	In Search Of Umami	Kuala Lumpur	The Maillard reaction is the science describing the heat that forces interplay between proteins and sugars translating into colour, aroma, and flavour in Kuala Lumpur's claypot rice and char siu.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-12	1730	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100		G	
2021-07-12	1800	Giada Entertains	Giada Entertains Series 4 Ep 6	Giada treats Jade to a special day of mother-daughter fun and a delicious dinner. The menu includes comforting dishes for just the two of them including pork braciole and pan-fried lemon potatoes.	USA	English-100		PG	
2021-07-12	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-12	1900	The Cook Up with Adam Liaw	Crustaceans	Author of The Australian Fish and Seafood cookbook, Anthony Huckstep and owner of LP's Quality Meats Luke Powell join Adam Liaw in The Cook Up kitchen to create their favourite crustacean recipes.	AUSTRALIA	English-100			
2021-07-12	1930	Asia Unplated With Diana Chan	Singaporean	Singaporean cuisine is widely influenced by several ethnic groups that make up the population. MasterChef winner Sashi Cheliah, who grew up in Singapore, shares his quick and easy briyani recipe.	AUSTRALIA	English-100	RPT	G	
2021-07-12	2000	John Torode's Asia	Macau Home Cooking	John Torode finds himself in the world's most densely populated region this week, the so called Las Vegas of Asia - Macao - where finds a unique mix of culinary influences.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-12	2030	Amy Schumer Learns To Cook	Late-Night Eats	Amy's husband, Chris, is determined to teach her how to make some of her favourite late-night treats. While Amy makes the perfect Moscow Mule, she learns to cook fried rice with pork and scallops.	USA	English-100		PG	
2021-07-12	2125	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-07-12	2130	Mystery Diners	Vicious Valets	After hearing complaints about her valet service, the owner of Breuckelen Colony in Brooklyn contacts Charles for help. Daniel and Jamie go undercover, only to discover an unauthorised car wash.	USA	English-100		PG	
2021-07-12	2200	The Cook Up with Adam Liaw	Crustaceans	Author of The Australian Fish and Seafood cookbook, Anthony Huckstep and owner of LP's Quality Meats Luke Powell join Adam Liaw in The Cook Up kitchen to create their favourite crustacean recipes.	AUSTRALIA	English-100	RPT		
2021-07-12	2230	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100	RPT	G	
2021-07-12	2300	Giada Entertains	Giada Entertains Series 4 Ep 6	Giada treats Jade to a special day of mother-daughter fun and a delicious dinner. The menu includes comforting dishes for just the two of them including pork braciole and pan-fried lemon potatoes.	USA	English-100	RPT	PG	
2021-07-12	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-12	2400	The Chefs' Line	Chinese	Apprentice chef Wing from Chinese restaurant China Doll goes up against four passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-99; Chinese-	RPT	G	Y
2021-07-12	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 31	TV presenter Kaye Adams and Taggart star Blythe Duff roll up their sleeves for another classic 20-minute cooking challenge with Ainsley Harriott.	UNITED KINGDOM	English-100	RPT	G	

2021-07-12	2520	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-07-12	2530	Asia Unplated With Diana Chan	Singaporean	Singaporean cuisine is widely influenced by several ethnic groups that make up the population. MasterChef winner Sashi Cheliah, who grew up in Singapore, shares his quick and easy briyani recipe.	AUSTRALIA	English-100	RPT	G	
2021-07-12	2600	John Torode's Asia	Macau Home Cooking	John Torode finds himself in the world's most densely populated region this week, the so called Las Vegas of Asia - Macao - where finds a unique mix of culinary influences.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-12	2630	Amy Schumer Learns To Cook	Late-Night Eats	Amy's husband, Chris, is determined to teach her how to make some of her favourite late-night treats. While Amy makes the perfect Moscow Mule, she learns to cook fried rice with pork and scallops.	USA	English-100	RPT	PG	
2021-07-12	2725	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-07-12	2730	Mystery Diners	Vicious Valets	After hearing complaints about her valet service, the owner of Breuckelen Colony in Brooklyn contacts Charles for help. Daniel and Jamie go undercover, only to discover an unauthorised car wash.	USA	English-100	RPT	PG	
2021-07-12	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, Romano Rotelli of Pensiero Restaurant, and the Danish horn of plenty at Bonjour Patisserie.	AUSTRALIA	English-100	RPT	G	Y
2021-07-12	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 59	Matt demonstrates how to bake apple and raisin turnovers, while Courtney makes a healthy broccoli bruschetta with her own added twist.	AUSTRALIA	English-100	RPT	PG	
2021-07-13	0500	Pati's Mexican Table	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She creates recipes based on her experience - corn soup with queso, and pescado agridulce.	USA	English-100	RPT	G	
2021-07-13	0530	The Chefs' Line	Chinese	Apprentice chef Wing from Chinese restaurant China Doll goes up against four passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-99; Chinese-	RPT	G	Y
2021-07-13	0600	Lidia's Italy	Lidia's Italy Series 3 Ep 21	Lidia is in the region of Abruzzo, a place where the hearty food of the region has left her with such fond memories. Lidia makes a pasta with arugula and ricotta.	USA	English-100	RPT	G	
2021-07-13	0630	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 6	Parveen uses spices to put an Indian spin on roast chicken and potatoes, and shares her recipes for marinated lamb chops and garam masala. She also pays a visit to a family-run business in Jaipur.	UNITED KINGDOM	English-100	RPT	G	
2021-07-13	0725	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-07-13	0730	In Search Of Umami	Kuala Lumpur	The Maillard reaction is the science describing the heat that forces interplay between proteins and sugars translating into colour, aroma, and flavour in Kuala Lumpur's claypot rice and char siu.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-13	0800	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100	RPT	G	
2021-07-13	0830	Giada Entertains	Giada Entertains Series 4 Ep 6	Giada treats Jade to a special day of mother-daughter fun and a delicious dinner. The menu includes comforting dishes for just the two of them including pork braciole and pan-fried lemon potatoes.	USA	English-100	RPT	PG	
2021-07-13	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-13	0930	Asia Unplated With Diana Chan	Singaporean	Singaporean cuisine is widely influenced by several ethnic groups that make up the population. MasterChef winner Sashi Cheliah, who grew up in Singapore, shares his quick and easy briyani recipe.	AUSTRALIA	English-100	RPT	G	
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2021-07-13	1100	The Cook Up with Adam Liaw	Crustaceans	Author of The Australian Fish and Seafood cookbook, Anthony Huckstep and owner of LP's Quality Meats Luke Powell join Adam Liaw in The Cook Up kitchen to create their favourite crustacean recipes.	AUSTRALIA	English-100	RPT		
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2021-07-13	1230	Giada Entertains	Giada Entertains Series 4 Ep 6	Giada treats Jade to a special day of mother-daughter fun and a delicious dinner. The menu includes comforting dishes for just the two of them including pork braciolo and pan-fried lemon potatoes.	USA	English-100	RPT	PG	
2021-07-13	1300	Mystery Diners	Vicious Valets	After hearing complaints about her valet service, the owner of Breuckelen Colony in Brooklyn contacts Charles for help. Daniel and Jamie go undercover, only to discover an unauthorised car wash.	USA	English-100	RPT	PG	
2021-07-13	1330	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to the Ord River to learn about a chickpea called the macarena.	AUSTRALIA	English-100	RPT	G	Y
2021-07-13	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 60	Matt kicks things off with a simple snack to serve when having friends over - karaage chicken. He's then joined by Georgia Barnes and together they cook a classic with a twist - nachos.	AUSTRALIA	English-100	RPT	G	
2021-07-13	1430	Pati's Mexican Table	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100	RPT	G	
2021-07-13	1500	The Chefs' Line	Chinese	Watch station chef Wandy from Chinese restaurant China Doll go up against three passionate home cooks. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-07-13	1530	Lidia's Italy	Lidia's Italy Series 3 Ep 22	Lidia prepares stuffed veal breast - known in Italy as the cima alla Genovese. It's the dish she first presented to television viewers on the classic Master Chef series with Julia Child.	USA	English-100	RPT	G	
2021-07-13	1600	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 7	Parveen makes a one-pot chicken pilau rice with mango chutney, and her own take on Eton mess using mangos and cardamom. Her Indian tour continues with a look at Rajasthani cuisine.	UNITED KINGDOM	English-100	RPT	G	
2021-07-13	1655	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y
2021-07-13	1700	Vanishing Foods	Sweet Treasure, A	Food blogger Aun Koh heads to Philippines in search of the dulce prenda - a vanishing pastry which was invented in the 18th century as a religious offering to the Virgin Mary.	UNITED KINGDOM	English-100	RPT	G	
2021-07-13	1730	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G	
2021-07-13	1800	Giada Entertains	Giada Entertains Series 4 Ep 7	Giada hosts an intimate formal dinner with a multi-course meal that includes whole roasted beef tenderloin with peperonata and ricotta bruschetta with sweet and spicy tomatoes.	USA	English-100		PG	
2021-07-13	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-13	1900	The Cook Up with Adam Liaw	Shellfish	Host Adam Liaw and guests, Pulu restaurant's Giovanni Pulu and Acme famed chef Mitch Orr show you how to make their favourite shellfish recipes in The Cook Up kitchen.	AUSTRALIA	English-100			
2021-07-13	1930	Food Safari	Jewish	In the final episode, Maeve explores the delicious and complex world of Jewish food - full of age-old traditions and customs including a strict dietary code (kasrut).	AUSTRALIA	English-100	RPT	G	Y
2021-07-13	2000	David Rocco's Dolce South East Asia	Siem Reap Art Will Save Cambodia	The famed temples of Angkor Wat withstood the civil war of the 1970s and today the town of Siem Reap and the temples have become a tourist destination and a bustling centre for arts, culture and food.	CANADA	English-100		PG	
2021-07-13	2030	Jamie's Kitchen	Jamie's Kitchen Series 1 Ep 6	Jamie's new restaurant, Fifteen, has become one of London's most fashionable eateries but behind the scenes there are problems. Within a week of opening three more students were asked to leave.	UNITED KINGDOM	English-100		PG	
2021-07-13	2130	Mystery Diners	Venue Vandals	Concerned about vandalism at his restaurant, the owner of the Spanish Potato Grill in Brick, NJ, reaches out to Charles. He sends in his team, who learn the place is being sabotaged from the inside.	USA	English-100		PG	

2021-07-13	2200	The Cook Up with Adam Liaw	Shellfish	Host Adam Liaw and guests, Pilu restaurant's Giovanni Pilu and Acme famed chef Mitch Orr show you how to make their favourite shellfish recipes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT		
2021-07-13	2230	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100	RPT	G	
2021-07-13	2300	Giada Entertains	Giada Entertains Series 4 Ep 7	Giada hosts an intimate formal dinner with a multi-course meal that includes whole roasted beef tenderloin with peperonata and ricotta bruschetta with sweet and spicy tomatoes.	USA	English-100	RPT	PG	
2021-07-13	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-13	2400	The Chefs' Line	Chinese	Watch station chef Wandy from Chinese restaurant China Doll go up against three passionate home cooks. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-07-13	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 32	Will it be five-star service in the kitchen today as Hotel Babylon actors Martin Marquez and Michael Obiora join Ainsley Harriott for another 20-minute cooking challenge?	UNITED KINGDOM	English-100	RPT	G	
2021-07-13	2520	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-07-13	2530	Food Safari	Jewish	In the final episode, Maeve explores the delicious and complex world of Jewish food - full of age-old traditions and customs including a strict dietary code (kasrut).	AUSTRALIA	English-100	RPT	G	Y
2021-07-13	2600	David Rocco's Dolce South East Asia	Siem Reap Art Will Save Cambodia	The famed temples of Angkor Wat withstood the civil war of the 1970s and today the town of Siem Reap and the temples have become a tourist destination and a bustling centre for arts, culture and food.	CANADA	English-100	RPT	PG	
2021-07-13	2630	Jamie's Kitchen	Jamie's Kitchen Series 1 Ep 6	Jamie's new restaurant, Fifteen, has become one of London's most fashionable eateries but behind the scenes there are problems. Within a week of opening three more students were asked to leave.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-13	2730	Mystery Diners	Venue Vandals	Concerned about vandalism at his restaurant, the owner of the Spanish Potato Grill in Brick, NJ, reaches out to Charles. He sends in his team, who learn the place is being sabotaged from the inside.	USA	English-100	RPT	PG	
2021-07-13	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to the Ord River to learn about a chickpea called the macarena.	AUSTRALIA	English-100	RPT	G	Y
2021-07-13	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 60	Matt kicks things off with a simple snack to serve when having friends over - karaage chicken. He's then joined by Georgia Barnes and together they cook a classic with a twist - nachos.	AUSTRALIA	English-100	RPT	G	
2021-07-14	0500	Pati's Mexican Table	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100	RPT	G	
2021-07-14	0530	The Chefs' Line	Chinese	Watch station chef Wandy from Chinese restaurant China Doll go up against three passionate home cooks. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-07-14	0600	Lidia's Italy	Lidia's Italy Series 3 Ep 22	Lidia prepares stuffed veal breast - known in Italy as the cima alla Genovese. It's the dish she first presented to television viewers on the classic Master Chef series with Julia Child.	USA	English-100	RPT	G	
2021-07-14	0630	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 7	Parveen makes a one-pot chicken pilau rice with mango chutney, and her own take on Eton mess using mangos and cardamom. Her Indian tour continues with a look at Rajasthani cuisine.	UNITED KINGDOM	English-100	RPT	G	
2021-07-14	0725	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y
2021-07-14	0730	Vanishing Foods	Sweet Treasure, A	Food blogger Aun Koh heads to Philippines in search of the dulce prenda - a vanishing pastry which was invented in the 18th century as a religious offering to the Virgin Mary.	UNITED KINGDOM	English-100	RPT	G	
2021-07-14	0800	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100	RPT	G	
2021-07-14	0830	Giada Entertains	Giada Entertains Series 4 Ep 7	Giada hosts an intimate formal dinner with a multi-course meal that includes whole roasted beef tenderloin with peperonata and ricotta bruschetta with sweet and spicy tomatoes.	USA	English-100	RPT	PG	
2021-07-14	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	

2021-07-14	0930	Food Safari	Jewish	In the final episode, Maeve explores the delicious and complex world of Jewish food - full of age-old traditions and customs including a strict dietary code (kasrut).	AUSTRALIA	English-100	RPT	G	Y
2021-07-14	1000	David Rocco's Dolce South East Asia	Siem Reap Art Will Save Cambodia	The famed temples of Angkor Wat withstood the civil war of the 1970s and today the town of Siem Reap and the temples have become a tourist destination and a bustling centre for arts, culture and food.	CANADA	English-100	RPT	PG	
2021-07-14	1030	Pati's Mexican Table	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100	RPT	G	
2021-07-14	1100	The Cook Up with Adam Liaw	Shellfish	Host Adam Liaw and guests, Pilu restaurant's Giovanni Pilu and Acme famed chef Mitch Orr show you how to make their favourite shellfish recipes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT		
2021-07-14	1130	Jamie's Kitchen	Jamie's Kitchen Series 1 Ep 6	Jamie's new restaurant, Fifteen, has become one of London's most fashionable eateries but behind the scenes there are problems. Within a week of opening three more students were asked to leave.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-14	1230	Giada Entertains	Giada Entertains Series 4 Ep 7	Giada hosts an intimate formal dinner with a multi-course meal that includes whole roasted beef tenderloin with peperonata and ricotta bruschetta with sweet and spicy tomatoes.	USA	English-100	RPT	PG	
2021-07-14	1300	Mystery Diners	Venue Vandals	Concerned about vandalism at his restaurant, the owner of the Spanish Potato Grill in Brick, NJ, reaches out to Charles. He sends in his team, who learn the place is being sabotaged from the inside.	USA	English-100	RPT	PG	
2021-07-14	1330	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, old fashioned fish and chips, fantastic fruit flavoured gels, and soft tofu.	AUSTRALIA	English-100	RPT	G	Y
2021-07-14	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 61	Matt prepares a quick haloumi and lentil salad, while Courtney is joined by guest Scotty McRae, and together they cook black pepper crab.	AUSTRALIA	English-100	RPT	G	
2021-07-14	1430	Pati's Mexican Table	How I Got To Now	People are always asking Pati how she turned a passion for food into a career. Over the years, she's told the story in bits and pieces but she's never told the full story, until now.	USA	English-100	RPT	G	
2021-07-14	1500	The Chefs' Line	Chinese	Watch Chef Chris from Chinese restaurant China Doll go up against two passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-07-14	1530	Lidia's Italy	Lidia's Italy Series 3 Ep 23	During Lidia's travels inland in Sardegna, she discovers the wonderful homemade pastas of the region including the malloreddus - a loosely formed dumpling-like pasta.	USA	English-100	RPT	G	
2021-07-14	1600	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 8	Parveen prepares Bombay potato cakes with a spicy chutney, and demonstrates how to make Indian icecream into lollies. In Mumbai, she discovers makai ni khichdi - a Gujarati dish made with sweet corn.	UNITED KINGDOM	English-100	RPT	G	
2021-07-14	1655	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 8	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-07-14	1700	Vanishing Foods	Tribal Rice Dish	A culinary discovery takes food blogger Aun Koh up Taiwan's central mountain range to a Paiwan tribal village. He learns about yao yao fan - a rice dish that hails back to the tribe's past.	UNITED KINGDOM	English-100	RPT	G	
2021-07-14	1730	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100	RPT	G	
2021-07-14	1800	Giada Entertains	Giada Entertains Series 4 Ep 8	Giada hosts an elegant outdoor lunch made with fresh garden ingredients to thank some of her friends and family for the special things they've done for her.	USA	English-100		PG	
2021-07-14	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-07-14	1900	The Cook Up with Adam Liaw	Chicken Thigh	Insight's Kumi Taguchi and Sokyo's Chase Kojima take over The Cook Up kitchen as they chat and create some of their favourite chicken thigh dishes with host Adam Liaw.	AUSTRALIA	English-100			
2021-07-14	1930	Nigella Kitchen	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100		G	
2021-07-14	2000	Poh & Co.	From The Garden To The Sea And Back To Mum's Kitchen	Poh goes fishing with Andre and cooks up a magnificent seafood salad from freshly caught squid and home grown veggies. Then she learns the secrets of Asam Laksa.	AUSTRALIA	English-100	RPT	PG	Y

2021-07-14	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 9	At Golitha Falls, where the River Fowey tumbles down to the sea, Rick meets Dawn French, Britain's queen of comedy who has made Cornwall her home.	UNITED KINGDOM	English-100		PG	
2021-07-14	2100	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-14	2130	Mystery Diners	Lobster Looting	Brother-sister owners have noticed a discrepancy in their lobster supply at Langosta Lounge in Asbury Park, NJ. With the help of Charles and his team, they'll discover where the lobsters are going.	USA	English-100		PG	
2021-07-14	2200	The Cook Up with Adam Liaw	Chicken Thigh	Insight's Kumi Taguchi and Sokyo's Chase Kojima take over The Cook Up kitchen as they chat and create some of their favourite chicken thigh dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT		
2021-07-14	2230	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100	RPT	G	
2021-07-14	2300	Giada Entertains	Giada Entertains Series 4 Ep 8	Giada hosts an elegant outdoor lunch made with fresh garden ingredients to thank some of her friends and family for the special things they've done for her.	USA	English-100	RPT	PG	
2021-07-14	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-07-14	2400	The Chefs' Line	Chinese	Watch Chef Chris from Chinese restaurant China Doll go up against two passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-07-14	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 33	Trying to stay afloat in the kitchen are record-breaking swimmers Sharron Davis and Mark Foster, who join chefs Nick Nairn and Phil Vickery for another classic cookery challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-07-14	2520	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-07-14	2530	Nigella Kitchen	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100	RPT	G	
2021-07-14	2600	Poh & Co.	From The Garden To The Sea And Back To Mum's Kitchen	Poh goes fishing with Andre and cooks up a magnificent seafood salad from freshly caught squid and home grown veggies. Then she learns the secrets of Asam Laksa.	AUSTRALIA	English-100	RPT	PG	Y
2021-07-14	2630	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 9	At Golitha Falls, where the River Fowey tumbles down to the sea, Rick meets Dawn French, Britain's queen of comedy who has made Cornwall her home.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-14	2700	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-14	2730	Mystery Diners	Lobster Looting	Brother-sister owners have noticed a discrepancy in their lobster supply at Langosta Lounge in Asbury Park, NJ. With the help of Charles and his team, they'll discover where the lobsters are going.	USA	English-100	RPT	PG	
2021-07-14	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, old fashioned fish and chips, fantastic fruit flavoured gels, and soft tofu.	AUSTRALIA	English-100	RPT	G	Y
2021-07-14	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 61	Matt prepares a quick haloumi and lentil salad, while Courtney is joined by guest Scotty McRae, and together they cook black pepper crab.	AUSTRALIA	English-100	RPT	G	
2021-07-15	0500	Pati's Mexican Table	How I Got To Now	People are always asking Pati how she turned a passion for food into a career. Over the years, she's told the story in bits and pieces but she's never told the full story, until now.	USA	English-100	RPT	G	
2021-07-15	0530	The Chefs' Line	Chinese	Watch Chef Chris from Chinese restaurant China Doll go up against two passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-07-15	0600	Lidia's Italy	Lidia's Italy Series 3 Ep 23	During Lidia's travels inland in Sardegna, she discovers the wonderful homemade pastas of the region including the malloreddus - a loosely formed dumpling-like pasta.	USA	English-100	RPT	G	
2021-07-15	0630	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 8	Parveen prepares Bombay potato cakes with a spicy chutney, and demonstrates how to make Indian icecream into lollies. In Mumbai, she discovers makai ni khichdi - a Gujarati dish made with sweet corn.	UNITED KINGDOM	English-100	RPT	G	

2021-07-15	0725	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 8	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-07-15	0730	Vanishing Foods	Tribal Rice Dish	A culinary discovery takes food blogger Aun Koh up Taiwan's central mountain range to a Paiwan tribal village. He learns about yao yao fan - a rice dish that hails back to the tribe's past.	UNITED KINGDOM	English-100	RPT	G	
2021-07-15	0800	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100	RPT	G	
2021-07-15	0830	Giada Entertains	Giada Entertains Series 4 Ep 8	Giada hosts an elegant outdoor lunch made with fresh garden ingredients to thank some of her friends and family for the special things they've done for her.	USA	English-100	RPT	PG	
2021-07-15	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-07-15	0930	Nigella Kitchen	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification.	UNITED KINGDOM	English-100	RPT	G	
2021-07-15	1000	Poh & Co.	From The Garden To The Sea And Back To Mum's Kitchen	Poh goes fishing with Andre and cooks up a magnificent seafood salad from freshly caught squid and home grown veggies. Then she learns the secrets of Asam Laksa.	AUSTRALIA	English-100	RPT	PG	Y
2021-07-15	1030	Pati's Mexican Table	How I Got To Now	People are always asking Pati how she turned a passion for food into a career. Over the years, she's told the story in bits and pieces but she's never told the full story, until now.	USA	English-100	RPT	G	
2021-07-15	1100	The Cook Up with Adam Liaw	Chicken Thigh	Insight's Kumi Taguchi and Sokyo's Chase Kojima take over The Cook Up kitchen as they chat and create some of their favourite chicken thigh dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT		
2021-07-15	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 9	At Golitha Falls, where the River Fowey tumbles down to the sea, Rick meets Dawn French, Britain's queen of comedy who has made Cornwall her home.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-15	1200	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-15	1230	Giada Entertains	Giada Entertains Series 4 Ep 8	Giada hosts an elegant outdoor lunch made with fresh garden ingredients to thank some of her friends and family for the special things they've done for her.	USA	English-100	RPT	PG	
2021-07-15	1300	Mystery Diners	Lobster Looting	Brother-sister owners have noticed a discrepancy in their lobster supply at Langosta Lounge in Asbury Park, NJ. With the help of Charles and his team, they'll discover where the lobsters are going.	USA	English-100	RPT	PG	
2021-07-15	1330	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, spelt - a grain that's been cultivated since ancient times, and voluptuous nougat.	AUSTRALIA	English-100	RPT	G	Y
2021-07-15	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 62	Matt kicks things off with big, bold flavours from India with his Bombay potato salad, while guest Scotty McRae joins Courtney and together they cook octopus with sweet and sour tomatoes.	AUSTRALIA	English-100	RPT	G	
2021-07-15	1430	Pati's Mexican Table	Juju's Chocolate-Covered Life	Pati spends the day with her youngest son, Juju. Juju is known for his obsession with chocolate. In this episode, they spend the day in the kitchen coming up with three delicious chocolate recipes.	USA	English-100	RPT	G	
2021-07-15	1500	The Chefs' Line	Chinese	Watch Head Chef Frank from Chinese restaurant China Doll go up against this week's best home cook. This is the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2021-07-15	1530	Lidia's Italy	Lidia's Italy Series 3 Ep 24	Lidia teaches her son all about the flavors of Basilicata, laid out in three simple pasta dishes - bucatini with sausage, ditalini with broccoli rabe, and rigatoni with lentils.	USA	English-100	RPT	G	
2021-07-15	1600	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 9	Parveen Ashraf visits an unusual vegetable market in Mumbai that is only for early risers. Back in the UK, she prepares spicy fried okra chips and a mango lassi.	UNITED KINGDOM	English-100	RPT	G	
2021-07-15	1655	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y
2021-07-15	1700	Vanishing Foods	King's Favourite, The	Aun Koh arrives in Jodhpur, India, to sample a meat stew called kachar maans. Dating back some 200 years, it was originally cooked in the jungle with game meat hunted on royal expeditions.	UNITED KINGDOM	English-100	RPT	PG	

2021-07-15	1730	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100			G	
2021-07-15	1800	Giada Entertains	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100			PG	
2021-07-15	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT		G	
2021-07-15	1900	The Cook Up with Adam Liaw	Bring A Plate	The Cook Up host Adam Liaw invites Uccello's Nigel Ward and dessert queen Anna Polyviou into the kitchen to create some easy plate options that you can take to your next family BBQ.	AUSTRALIA	English-100			PG	
2021-07-15	1930	Australia's Food Bowl	Almonds And Bees	Stefano travels to Hattah-Kulkyne National Park in the Mallee district to see local beekeeper Roger Moser who has thousands of bees in hives. He has been bringing his bees here for forty years.	AUSTRALIA	English-100			PG	
2021-07-15	2000	Middle East Feast With Shane Delia	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100			PG	
2021-07-15	2030	Jimmy Shu's Taste of The Territory	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100	RPT		G	Y
2021-07-15	2100	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100	RPT		G	
2021-07-15	2130	Mystery Diners	Hot Meat	After receiving some truly unbelievable deals, Tony, the owner of Rivoli's in Tom's River, NJ, believes his new meat purveyor is selling him stolen goods. Charles sends in a Mystery Diner.	USA	English-100			PG	
2021-07-15	2200	The Cook Up with Adam Liaw	Bring A Plate	The Cook Up host Adam Liaw invites Uccello's Nigel Ward and dessert queen Anna Polyviou into the kitchen to create some easy plate options that you can take to your next family BBQ.	AUSTRALIA	English-100	RPT		PG	
2021-07-15	2230	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100	RPT		G	
2021-07-15	2300	Giada Entertains	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100	RPT		PG	
2021-07-15	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT		G	
2021-07-15	2400	The Chefs' Line	Chinese	Watch Head Chef Frank from Chinese restaurant China Doll go up against this week's best home cook. This is the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT		G	Y
2021-07-15	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 34	Comedians Les Dennis and Bobby Davro are the star guests on another classic 20-minute cooking challenge with Ainsley Harriott.	UNITED KINGDOM	English-100	RPT		G	
2021-07-15	2520	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT		G	Y
2021-07-15	2530	Australia's Food Bowl	Almonds And Bees	Stefano travels to Hattah-Kulkyne National Park in the Mallee district to see local beekeeper Roger Moser who has thousands of bees in hives. He has been bringing his bees here for forty years.	AUSTRALIA	English-100	RPT		PG	
2021-07-15	2600	Middle East Feast With Shane Delia	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100	RPT		PG	
2021-07-15	2630	Jimmy Shu's Taste of The Territory	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100	RPT		G	Y
2021-07-15	2700	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100	RPT		G	
2021-07-15	2730	Mystery Diners	Hot Meat	After receiving some truly unbelievable deals, Tony, the owner of Rivoli's in Tom's River, NJ, believes his new meat purveyor is selling him stolen goods. Charles sends in a Mystery Diner.	USA	English-100	RPT		PG	

2021-07-15	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, spelt - a grain that's been cultivated since ancient times, and voluptuous nougat.	AUSTRALIA	English-100	RPT	G	Y
2021-07-15	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 62	Matt kicks things off with big, bold flavours from India with his Bombay potato salad, while guest Scotty McRae joins Courtney and together they cook octopus with sweet and sour tomatoes.	AUSTRALIA	English-100	RPT	G	
2021-07-16	0500	Pati's Mexican Table	Juju's Chocolate-Covered Life	Pati spends the day with her youngest son, Juju. Juju is known for his obsession with chocolate. In this episode, they spend the day in the kitchen coming up with three delicious chocolate recipes.	USA	English-100	RPT	G	
2021-07-16	0530	The Chefs' Line	Chinese	Watch Head Chef Frank from Chinese restaurant China Doll go up against this week's best home cook. This is the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2021-07-16	0600	Lidia's Italy	Lidia's Italy Series 3 Ep 24	Lidia teaches her son all about the flavors of Basilicata, laid out in three simple pasta dishes - bucatini with sausage, ditalini with broccoli rabe, and rigatoni with lentils.	USA	English-100	RPT	G	
2021-07-16	0630	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 9	Parveen Ashraf visits an unusual vegetable market in Mumbai that is only for early risers. Back in the UK, she prepares spicy fried okra chips and a mango lassi.	UNITED KINGDOM	English-100	RPT	G	
2021-07-16	0725	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	PG	Y
2021-07-16	0730	Vanishing Foods	King's Favourite, The	Aun Koh arrives in Jodhpur, India to sample a meat stew called kachar maans. Dating back some 200 years, it was originally cooked in the jungle with game meat hunted on royal expeditions.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-16	0800	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100	RPT	G	
2021-07-16	0830	Giada Entertains	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100	RPT	PG	
2021-07-16	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-07-16	0930	Australia's Food Bowl	Almonds And Bees	Stefano travels to Hattah-Kulkyne National Park in the Mallee district to see local beekeeper Roger Moser who has thousands of bees in hives. He has been bringing his bees here for forty years.	AUSTRALIA	English-100	RPT	PG	
2021-07-16	1000	Middle East Feast With Shane Delia	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100	RPT	PG	
2021-07-16	1030	Pati's Mexican Table	Juju's Chocolate-Covered Life	Pati spends the day with her youngest son, Juju. Juju is known for his obsession with chocolate. In this episode, they spend the day in the kitchen coming up with three delicious chocolate recipes.	USA	English-100	RPT	G	
2021-07-16	1100	The Cook Up with Adam Liaw	Bring A Plate	The Cook Up host Adam Liaw invites Uccello's Nigel Ward and dessert queen Anna Polyviou into the kitchen to create some easy plate options that you can take to your next family BBQ.	AUSTRALIA	English-100	RPT	PG	
2021-07-16	1130	Jimmy Shu's Taste of The Territory	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100	RPT	G	Y
2021-07-16	1200	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100	RPT	G	
2021-07-16	1230	Giada Entertains	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100	RPT	PG	
2021-07-16	1300	Mystery Diners	Hot Meat	After receiving some truly unbelievable deals, Tony, the owner of Rivoli's in Tom's River, NJ, believes his new meat purveyor is selling him stolen goods. Charles sends in a Mystery Diner.	USA	English-100	RPT	PG	
2021-07-16	1330	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, growing and preparing vegetables, and crunchy heritage apples.	AUSTRALIA	English-100	RPT	G	Y
2021-07-16	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 63	Matt demonstrates how to smoke salmon, and uses it to fill bagels. Guest Scotty McRae joins Courtney in the kitchen, and together they make whitebait fritters and pickled mussels.	AUSTRALIA	English-100	RPT	G	

2021-07-16	1430	Pati's Mexican Table	Cheesy	Pati cooks three mouthwatering cheesy recipes - one for each of her boys. Later in Oaxaca, Pati and her three sons visit a cheese producer to see how the famous Oaxacan cheese is made.	USA	English-100	RPT	G	
2021-07-16	1500	The Chefs' Line	Chinese	Maeve O'Meara goes inside the kitchen of hatted restaurant China Doll. Maeve and the chefs' line will reminisce about the week and delve into delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-07-16	1530	Lidia's Italy	Lidia's Italy Series 3 Ep 25	Lidia explores a unique regional product of Calabria - Tropea onion - a purple torpedo-looking sweet onion that is used to enhance the flavour in much of Calabrian cuisine.	USA	English-100	RPT	G	
2021-07-16	1600	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 10	Parveen prepares spiced scrambled eggs and chai, a quick saag aloo, and homemade naans. She also pays a visit to a Parsi cafe in a former motorcycle garage in Mumbai.	UNITED KINGDOM	English-100	RPT	G	
2021-07-16	1655	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 10	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-07-16	1700	Vanishing Foods	Fisherman's Delicacy	Aun Koh is back on home ground in Singapore, but finds himself totally unfamiliar with a Singaporean-Eurasian dish called curry mohlyu - a food borne out of Portuguese and Eurasian history.	UNITED KINGDOM	English-100	RPT	G	
2021-07-16	1730	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G	
2021-07-16	1800	Giada Entertains	Giada Entertains Series 4 Ep 10	Giada organises a dog park picnic inspired by her dog Bruno for her friends with furry pals. The portable menu features chocolate peanut butter blondies and farro salad with mushroom and gorgonzola.	USA	English-100		PG	
2021-07-16	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-16	1900	The Cook Up with Adam Liaw	Filipino	Sydney's Cebu Lechon owner Will Mahusay and food photographer Luisa Brimble join Adam Liaw in The Cook Up kitchen as they create their ultimate Filipino dishes.	AUSTRALIA	English-100		PG	
2021-07-16	1930	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-07-16	2030	Jamie's Food Escapes	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100		PG	
2021-07-16	2130	Mystery Diners	Crooked Contest	After hearing rumors that their songwriting contest is rigged, Rose and Tom of Belcourt Taps in Nashville contact Charles Stiles for help. 1980s pop star Tiffany goes undercover to investigate.	USA	English-100		PG	
2021-07-16	2200	The Cook Up with Adam Liaw	Filipino	Sydney's Cebu Lechon owner Will Mahusay and food photographer Luisa Brimble join Adam Liaw in The Cook Up kitchen as they create their ultimate Filipino dishes.	AUSTRALIA	English-100	RPT	PG	
2021-07-16	2230	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100	RPT	G	
2021-07-16	2300	Giada Entertains	Giada Entertains Series 4 Ep 10	Giada organises a dog park picnic inspired by her dog Bruno for her friends with furry pals. The portable menu features chocolate peanut butter blondies and farro salad with mushroom and gorgonzola.	USA	English-100	RPT	PG	
2021-07-16	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-16	2400	The Chefs' Line	Chinese	Maeve O'Meara goes inside the kitchen of hatted restaurant China Doll. Maeve and the chefs' line will reminisce about the week and delve into delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-07-16	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 35	Grand National winning jockey Bob Champion and sports TV presenter Rishi Persad are the competitors as Ainsley Harriott hosts another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-07-16	2520	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-07-16	2530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	Y

2021-07-16	2630	Jamie's Food Escapes	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-16	2730	Mystery Diners	Crooked Contest	After hearing rumors that their songwriting contest is rigged, Rose and Tom of Belcourt Taps in Nashville contact Charles Stiles for help. 1980s pop star Tiffany goes undercover to investigate.	USA	English-100	RPT	PG	
2021-07-16	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, growing and preparing vegetables, and crunchy heritage apples.	AUSTRALIA	English-100	RPT	G	Y
2021-07-16	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 63	Matt demonstrates how to smoke salmon, and uses it to fill bagels. Guest Scotty McRae joins Courtney in the kitchen, and together they make whitebait fritters and pickled mussels.	AUSTRALIA	English-100	RPT	G	
2021-07-17	0500	Pati's Mexican Table	Cheesy	Pati cooks three mouthwatering cheesy recipes - one for each of her boys. Later in Oaxaca, Pati and her three sons visit a cheese producer to see how the famous Oaxacan cheese is made.	USA	English-100	RPT	G	
2021-07-17	0530	The Chefs' Line	Chinese	Maeve O'Meara goes inside the kitchen of hatted restaurant China Doll. Maeve and the chefs' line will reminisce about the week and delve into delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-07-17	0600	Lidia's Italy	Lidia's Italy Series 3 Ep 25	Lidia explores a unique regional product of Calabria - Tropea onion - a purple torpedo-looking sweet onion that is used to enhance the flavour in much of Calabrian cuisine.	USA	English-100	RPT	G	
2021-07-17	0630	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 10	Parveen prepares spiced scrambled eggs and chai, a quick saag aloo, and homemade naans. She also pays a visit to a Parsi cafe in a former motorcycle garage in Mumbai.	UNITED KINGDOM	English-100	RPT	G	
2021-07-17	0725	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 10	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-07-17	0730	Vanishing Foods	Fisherman's Delicacy	Aun Koh is back on home ground in Singapore, but finds himself totally unfamiliar with a Singaporean-Eurasian dish called curry mohlyu - a food borne out of Portuguese and Eurasian history.	UNITED KINGDOM	English-100	RPT	G	
2021-07-17	0800	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100	RPT	G	
2021-07-17	0830	Giada Entertains	Giada Entertains Series 4 Ep 10	Giada organises a dog park picnic inspired by her dog Bruno for her friends with furry pals. The portable menu features chocolate peanut butter blondies and farro salad with mushroom and gorgonzola.	USA	English-100	RPT	PG	
2021-07-17	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-17	0930	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-07-17	1030	Pati's Mexican Table	Cheesy	Pati cooks three mouthwatering cheesy recipes - one for each of her boys. Later in Oaxaca, Pati and her three sons visit a cheese producer to see how the famous Oaxacan cheese is made.	USA	English-100	RPT	G	
2021-07-17	1100	The Cook Up with Adam Liaw	Filipino	Sydney's Cebu Lechon owner Will Mahusay and food photographer Luisa Brimble join Adam Liaw in The Cook Up kitchen as they create their ultimate Filipino dishes.	AUSTRALIA	English-100	RPT	PG	
2021-07-17	1130	Jamie's Food Escapes	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-17	1230	Giada Entertains	Giada Entertains Series 4 Ep 10	Giada organises a dog park picnic inspired by her dog Bruno for her friends with furry pals. The portable menu features chocolate peanut butter blondies and farro salad with mushroom and gorgonzola.	USA	English-100	RPT	PG	
2021-07-17	1300	Lidia's Italy	Lidia's Italy Series 3 Ep 26	Lidia explores the rich farmlands of Molise, and cooks with many of the treasures of the agricultural landscape, including legumes, broad beans, potatoes, cheese, and cauliflower.	USA	English-100	RPT	G	
2021-07-17	1330	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 64	Matt prepares his version of a cauliflower and broccoli bake, while guest Scotty McRae joins Courtney in the kitchen to make Indian-spiced lamb cutlets.	AUSTRALIA	English-100	RPT	G	
2021-07-17	1400	Living On The Veg	Living On The Veg Series 1 Ep 3	The boys prepare their version of Britain's favourite cake - the Victoria sponge, and later prepare a cowboy-inspired pizza, served up Texan-style with smoky, spiced tofu and Bourbon sauce.	UNITED KINGDOM	English-100	RPT	G	

2021-07-17	1455	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	
2021-07-17	1500	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 6	Juliet prepares desserts that are perfect for when the holiday season rolls around. She makes a festive reindeer cake, a gingerbread house cake, a candy cane cake, and snowmen cakes.	UNITED KINGDOM	English-100	RPT	G	
2021-07-17	1555	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-07-17	1600	Secret Meat Business	Argentinean	Adrian is up to his elbows in beef ribs, taking a traditional Argentinean dish to a whole new level.	AUSTRALIA	English-100	RPT	G	
2021-07-17	1630	Secret Meat Business	Japanese	Japanese pancakes at their finest. This combination of chicken, soba noodles and traditional flavours makes for a super impressive dish.	AUSTRALIA	English-100	RPT	G	
2021-07-17	1700	Pacific Island Food Revolution	Samoa	The two remaining Samoan teams go head to head as husband and wife -Team Orator - take on dad and daughter team - The Family Cooks. Who will make it through to the finals?	NEW ZEALAND	English-100	RPT	G	
2021-07-17	1755	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-07-17	1800	Cheese Slices	Pecorino	Pecorino is one of the most ancient of all European cheeses. Will explains the different types before travelling to Tuscany to visit the 'Il Forteto' dairy.	AUSTRALIA	English-100	RPT	G	
2021-07-17	1830	Our Food, Our Family	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100			
2021-07-17	1900	Our Food, Our Family	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100			
2021-07-17	1930	Remarkable Places To Eat	New Forest	Fred Sirieix heads to The New Forest with former greengrocer Chris Bavin as his guide. Chris spent many a happy family holiday camping in the forest as a child and is a huge fan of the area.	UNITED KINGDOM	English-100			PG
2021-07-17	2035	Ainsley's Mediterranean Cookbook	Sardinia: Olbia	Ainsley's Mediterranean exploration continues on the Italian island of Sardinia where he gets immersed in a truly classic Sardinian culinary experience - cooking suckling pig over an open fire.	UNITED KINGDOM	English-100	RPT	G	
2021-07-17	2130	Hairy Bikers' Best Of British	Potatoes	The Bikers explore the history behind Britain's greatest staple food - the humble potato, from a warming Lancashire potato and butter pie, to a delicious chicken casserole with potato cobbler.	UNITED KINGDOM	English-100	RPT	G	
2021-07-17	2240	Pacific Island Food Revolution	Samoa	The two remaining Samoan teams go head to head as husband and wife -Team Orator - take on dad and daughter team - The Family Cooks. Who will make it through to the finals?	NEW ZEALAND	English-100	RPT	G	
2021-07-17	2335	Our Food, Our Family	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100	RPT		
2021-07-17	2405	Our Food, Our Family	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100	RPT		
2021-07-17	2435	Remarkable Places To Eat	New Forest	Fred Sirieix heads to The New Forest with former greengrocer Chris Bavin as his guide. Chris spent many a happy family holiday camping in the forest as a child and is a huge fan of the area.	UNITED KINGDOM	English-100	RPT		PG
2021-07-17	2540	Ainsley's Mediterranean Cookbook	Sardinia: Olbia	Ainsley's Mediterranean exploration continues on the Italian island of Sardinia where he gets immersed in a truly classic Sardinian culinary experience - cooking suckling pig over an open fire.	UNITED KINGDOM	English-100	RPT	G	
2021-07-17	2635	Hairy Bikers' Best Of British	Potatoes	The Bikers explore the history behind Britain's greatest staple food - the humble potato, from a warming Lancashire potato and butter pie, to a delicious chicken casserole with potato cobbler.	UNITED KINGDOM	English-100	RPT	G	
2021-07-17	2740	Living On The Veg	Living On The Veg Series 1 Ep 3	The boys prepare their version of Britain's favourite cake - the Victoria sponge, and later prepare a cowboy-inspired pizza, served up Texan-style with smoky, spiced tofu and Bourbon sauce.	UNITED KINGDOM	English-100	RPT	G	
2021-07-17	2835	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 64	Matt prepares his version of a cauliflower and broccoli bake, while guest Scotty McRae joins Courtney in the kitchen to make Indian-spiced lamb cutlets.	AUSTRALIA	English-100	RPT	G	